



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am		Kettlebell Fitness 				8:30am Circuit & Relaxation  
7:30am		Butts & Guts 				Circuit & Relaxation  
9:15am		Exercise under Supervision 	Exercise under Supervision 		Exercise under Supervision 	
10:00am	 50+					
10:30am	 50+	 50+	 50+	 50+	 50+	
11am	 50+	 50+	 50+		 50+	
11:30am	 50+	 50+	 50+	 50+	 50+	
1.15pm	 Lungs in Action					
2:30pm	Exercise under Supervision 			Exercise under Supervision 		
3:45pm		 Fit for Kids		 Fit for Kids		
4:30pm			Strengthening Bones 			
5:30pm	Boxfit 		Circuit 	Boxfit 		
6:00pm	Butts & Guts 	Kettlebell Fitness 	Stretch & Relax 	Butts & Guts 		
6:30pm	Pilates 	Butts & Guts 	Pilates 			